

Narcissism, from a Christian perspective

Ephesians 6:12

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

2 Timothy 3:1-7

1 This know also, that in the last days perilous times shall come. 2 For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, 3 Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, 4 Traitors, heady, highminded, lovers of pleasures more than lovers of God; 5 Having a form of godliness, but denying the power thereof: from such turn away. 6 For of this sort are they which creep into houses, and lead captive silly women laden with sins, led away with divers lusts, 7 Ever learning, and never able to come to the knowledge of the truth.

It's just me talking - Amy - I'm no authority on the matter, and have limited knowledge/understanding regarding the topic from a psychological standpoint, so that's that. I try to comprehend pretty much everything from a Christian lens, how it fits into Biblical truth, and how it figures into things spiritually, because, I've learned, the spiritual aspect of things is reality, for better or for worse... unfortunately, for worse, more often than not these days.

Narcissism is a growing disease these days, it's showing it's ugly head more and more, everywhere. It's not ok, and it's not normal. It destroys relationships on every level, brings on abuse, and serves as a carrier for so many other diseases of the character - selfishness, envy, hatred, and other plagues that sicken the mind and everyone who comes in contact with them.

I believe that a narcissist is not born as such, but something - some unfortunate circumstance during youth - opens the door to it, such as neglect, rejection from a parent, and abuse. Also, an unchecked case of envy can be a breeding ground for narcissistic tendencies to form.

This is why being brought up under God's authority, and being taught His truth and His ways, is imperative to a healthy upbringing for children. Without Him, and His word, and the healing power of prayer, we are all fair game for the influences of darkness.

A narcissist must be the center of attention, the "main character", the one who everyone else must defer to and revolve around. A narcissist demands constant attention, and their needs overrides those of everyone else.

A narcissist operates with one goal - their own will and their own way. Anyone who desires something different is undermined, and considered a "traitor", in the mind of the narcissist.

With a narcissist, normal relations - differing opinions, different ideas, disagreements - are not allowed. To be assertive with a narcissist is high treason, and not permitted. A child, being raised by a narcissist, might be brought up to be agreeable, submissive, and malleable, to the preferences and wishes of the narcissistic parent. This is a cruel twist to the right way of being obedient to parents, in which manipulation comes into play.

With a narcissist, an argument is a one-way street. Trying to get your own point across - and being heard - is a dead end, often resulting in toxic screaming matches and negative emotions that get you nowhere. There is no reasoning with a narcissist. For a growing child, who should be developing into their own person, with their own mind and feelings - a narcissistic parent is a dark cloud over them, a looming shadow, a frightening void that threatens the child's normal, healthy growth, in mind, heart, and spirit.

Narcissism is, truly, a poisonous cancer of the character, and it affects all who come in contact with it.

As a Christian, I believe that narcissism is a spiritual infection that requires deliverance. The infected person must first truly want deliverance if any change and healing can take place. I think that recognizing the problem for what it really is should be the starting point.

All the counselors, psychologists, psychiatrists, self help books, etc can only help so much, maybe through teaching self awareness and learning behavior techniques. But honest empathy and selflessness cannot thrive in a person who is trying to go on good behavior only. When we're sick, we need healing. Narcissism is a sickness of the mind, heart, and spirit, and those infected with it are in need of deliverance and healing, and that is what Jesus Christ the King can do, and will do, for all who truly seek Him, and go to Him for help and healing.

We don't stand a chance in this dark world without Him and His blood. Without Him, we are all exposed and fair game to whatever foul things the enemy tries to bring our way. We pitiful humans simply can't stand on our own prideful feet, and think we are above needing help and healing.

A narcissist is toxic, contagious, and dangerous. They must be handled carefully. The more a person "wakes up" and comes into their own senses, and grows closer to God, the more apparent the darkness becomes regarding narcissism.

Not all personality types are vulnerable/susceptible to the effects of the local narcissist in their midst. The more empathetic and sensitive types are in the line of fire, and these types, within a family unit, are usually the ones who have been the most manipulated, used, and violated.

Woe be unto the one(s) who begin to put their foot down, and attempt to show assertiveness, and (God forbid!) boundaries, with a narcissist...

Back to the hope of healing - I refuse to believe the old lie that "people don't

change". I know my God, and I know that He heals and delivers and will set free. But the true desire must be there, not just lip service.

I know that there are resources out there, such as Christian deliverance ministries, and many of those specialize in matters such as this. To admit there is a problem is the first step.

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